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IMPORTANT NOTICE!

All Scientific Papers submitted for Publication must be typewritten.

Notify the office promptly of any change of address, in order that mailing list and addresses in the Register may be corrected.

VOL. XIV JANUARY, 1916

No. 1

EDITORIAL NOTES

1916.

Another whole, clean, new book to write things in; and this time it has 366 pages—that gives us one day more to do something worth while. And let us see to it that we *do* do something worth while, on that extra day of this new year. The man who gets to the point where he thinks there is nothing in the way of betterment or improvement that he can put into himself or his work, ought to crawl off somewhere and die, quietly and unostentatiously, so as not to disturb the people who are trying to do things. It is a good world, though a bit troubled in spots just now, and there is such a lot to be done in it. So much to be done that one sort of loses patience with the man in the street who wants a nickle for a cup of coffee because he can't find any work! If he'd come around in the right place and time and really wanted to work, he could work himself to death. Let's all make up our minds that we are going to write some good things on these 366 pages of ours, this year, and first of all, let's write on the first page—and all the others—that we are going to be mighty careful that we do not speak uncharitably or carelessly in a slighting way, of the other fellow's work or treatment or operation or whatever it may be. You can't always tell what the other fellow had to contend with, you know. And then, every little while, just to remind yourself, write a memorandum to the effect that you can never believe a patient when he criticizes a doctor—for he does not know what the doctor was trying to do and he is not competent to express an opinion anyhow. And then, just to reduce our pride in ourselves and our own wonderful achievements, we might write another occasional memorandum to

ourselves, recalling some of our own blunders in diagnosis or treatment and some of the mistakes that we do not like to talk about in public; such things are quite wholesome, unless we are beyond all hope of redemption. Remember the old one—"Charity begins at home"—and add to it that you do not know what day you yourself may be sued for damages for alleged malpractice because some other fellow spoke thoughtlessly of your work; which, indeed, may not have been of the best, at that! No man is always doing his best work; but all men may *try* eternally to do it the best they are able; and that is probably all the good Lord would ask of any of us. And so, let it be a Happy New Year, and a prosperous New Year, and best of all, for all of us, everyone, a *better* New Year!

STATE SOCIETY—FRESNO, APRIL

18, 19, 20, 1916.

The annual meeting of the State Society this year will be a notable one, for many reasons. We had no meeting last year, owing to the fact that the American Medical Association came to San Francisco to meet with us and an overwhelming majority of our members—or, officially, delegates—expressed a desire not to have two meetings but to concentrate our energies on the A. M. A. meeting. The Society has not had a meeting away from the coast for a number of years; the last time was at Sacramento. It has not met in the San Joaquin Valley since 1898, when the historic battle of the umbrella and the pencil occurred, in Fresno. Incidentally, three of our members were arrested during that session, though it may be said in passing that none of them had committed any crime more serious than riding a bicycle on the sidewalk. In the 18 years which have passed, Fresno has grown beyond recognition; tall buildings have risen; a fine hotel has been built; miles on miles of asphalt streets and roads have been put in; highways and other roads have been made so that the whole valley has been brought into touch, one part with another, and automobiles by the thousand go their purry, gasey way or line both sides of the streets in endless rows. The Fresno Hotel is a delight. It is a concrete building with a large center court and contains sufficient rooms of suitable size to permit all the sessions of as many sections as the program committee may arrange, to be held simultaneously within its walls. It is run on the European plan and the restaurant is excellent. In December, the Secretary went to Fresno to see about the arrangements for the meeting, and found all these things; and that there was but little to arrange. The local committee, of which Dr. Aiken is chairman, has in hand a program of entertainment that will be very enjoyable to all and no one who attends this meeting will fail to go away with a pleasant memory of Fresno and the Fresnoians. It will probably be a large meeting, for all points are now easily accessible by the State highways, and very many of our members will find it a delightful trip to motor to Fresno, in April, when the country is at its best and prettiest. Dr. Ray Lyman Wilbur has been elected chairman of the Program Com-

NEW LICENTIATES.

Allen, Orah Knapp.

Babcock, Henry C.; Baldwin, Margaret Annie; Bashor, Ernest George; Bobbitt, Arthur Newton; Buckingham, John Royal; Budau, John Harry Diederichs; Bullard, Ernest Calvin.

Carr, Jesse Myron; Carter, Clarence Lamar; Clark, Elbert Ellsworth; Comstock, John Adams; Cooke, Harry Theodore; Coy, Louis Milton; Crawford, Albert Sturges.

Daniels, William Hardy; Davenport, Donald Edward; Denton, William Lemmon; DeWitt, Ada May; Dickson, Albert Robb; Dodge, William Wallace; Donaldson, Arthur Norton.

Eckles, James Eugene; Ellison, Everett Monroe; Ernst, Edward Cranch; Evans, Newton Gurdon.

Farwell, Margaret Withey; Foster, Percy Ashley; Germann, Albert Carl; Geith, Charles Robert; Gillispie, Samuel Tilden; Gough, Albert Sidney.

Haight, Louis Ludlow; Hardie, Wallace Bonton; Harris, Donald Eugene; Harrison, Charles William; Hathaway, George Wirt; Hedges, William Harry; Hedgardt, Nellie Florence Moore; Hodsdon, Benjamin Franklin; Hoeffler, Phillip Tiesler; Holt, Rufus Andrew Jr.; Hume, William Robert.

Jackson, Louis Harris.

Knapp, Harry Grove.

Langnecker, Harry Leslie; Larzalere, Ray Verplank; Lee, Morgan Prime; Long, Noah Webster; Lowe, Frank Alexander Luckie, James Buckner.

McEl Hinney, Joseph Hannold; Manson, Robert Morton; Maronde, John Augustus; Martin, Wallace Perry; Morgan, Gladys Myfanwy; Mulvehill, Walter William.

Nelson, Eugene Curry; Nixon, Charles Edward; O'Donnell, Earl William; O'Donnell, Francis Joseph.

Parrett, Owen Samuel; Piness, George; Powell, Mary.

Rauch, Laura Eugenie; Rochester, Alexander Sands; Roncovieri, Louis David; Rosenkranz, Samuel Victor; Rynyan, Raymond Wentworth.

Sassen, Augusta Albertine; Saylin, Abraham Joseph; Schenck, Nellie; Sheld-Ritchie, Iner; Sherman, Benjamin Harry; Sims, Perry Norton; Sturgeon, Charles Theophile; Swearingen, Forrest Custer.

Thayer, Lyman Elanson; Thompson, Charles William; Trott, Leslie DeNyse.

Walker, William Henry; Watson, Samuel Humes; Weaver, Julia Blanche; White, Leroy Moran; Wichmann, Henry Thomas; Wiley, Carlisle Benjamin; Williams, Thomas Ward; Winter, William John; Woodworth, John Bennett; Wythe, Margaret.

Zener, Mary Linville; Zorb, George Anthony.

CAUSE AND CURE OF PELLAGRA.

Announcement was made at the Treasury Department recently that as a result of continued research and experiments of the Public Health Service, both the cause and the cure of pellagra have been discovered, and that the spread of this dread malady, which has been increasing in the United States at a terrific rate during the past few years, may now be checked and eventually eradicated. Assistant Secretary Newton, in charge of the Public Health Service, expressed great interest in the discovery and regards it as one of the most important achievements of medical science in recent years.

Pellagra has been increasing alarmingly throughout the United States during the last eight years, and it is estimated that 75,000 cases of the disease will have occurred in the United States in 1915, and of this number at least 7,500 will have died before the end of the year. In many sections only tuberculosis and pneumonia exceed it as a cause of death.

The final epoch-making experiment of the Public Health Service was carried out at the farm of the Mississippi State Penitentiary about eight miles east of Jackson, Miss., and together with the previous work of the Service completes the chain in the prevention and cure of the disease. The work at the Mississippi Farm has been in charge of Surgeon Joseph Goldberger and Assistant Surgeon G. A. Wheeler of the United States Public Health Service. The Farm consists of 3,200 acres, in the center of which is the convict camp. The final experiment was undertaken for the purpose of testing the possibility of producing pellagra in healthy human white adult males by a restricted, one-sided, mainly carbo-hydrate (cereal) diet. Of eleven convicts who volunteered for this experiment, six developed a typical dermatitis and mild nervous gastro-intestinal symptoms.

Experts, including Dr. E. H. Galloway, the secretary of the Mississippi State Board of Health, Dr. Nolan Stewart, formerly superintendent of the Mississippi State Hospital for the Insane, at Jackson, Dr. Marcus Hause, professor of dermatology, Medical College of the University of Tennessee, Memphis, Tenn., and Dr. Martin R. Engman, professor of dermatology in the Washington Medical School, St. Louis, Mo., declare that the disease which was produced was true pellagra.

Prior to the commencement of these experiments no history could be found of the occurrence of pellagra on the penitentiary farm. On this farm are 75 or 80 convicts. Governor Earl Brewer offered to pardon twelve of the convicts who would volunteer for the experiment. They were assured that they would receive proper care throughout the experiment and treatment, should it be necessary. The diet given was bountiful and more than sufficient to sustain life. It differed from that given the other convicts merely in the absence of meats, milk, eggs, beans, peas and similar proteid foods. In every other particular the convicts selected for the experiment were treated exactly as were the remaining convicts. They had the same routine work and discipline, the same periods of recreation and the same water to drink. Their quarters were better than those of the other convicts. The diet given them consisted of biscuits, fried mush, grits and brown gravy, syrup, corn bread, cabbage, sweet potatoes, rice, collards and coffee with sugar. All components of the dietary were of the best quality and were properly cooked. As a preliminary, and to determine if the convicts were afflicted with any other disease, they were kept under observation from February 4th to April 9th, two and a half months, on which date the one-sided diet was begun.

Although the occurrence of nervous symptoms and gastro-intestinal disturbances was noted early, it was not until September 12th, or about five months after the beginning of the restricted diet, that the skin symptoms so characteristic of pellagra began to develop. These symptoms are considered as typical, every precaution being taken to make sure that they were not caused by any other disease. The convicts upon whom the experiment was being made, as well as twenty other convicts who were selected as controls, were kept under continuous medical surveillance. No cases of pellagra developed in camp excepting among those men who were on the restricted diet. The experimenters have therefore drawn the conclusion that pellagra has been caused in at least six of the eleven volunteers as a result of the one-sided diet on which they subsisted.

On the basis of this discovery, the states of Mississippi, Louisiana and Florida have laid their propaganda through their respective boards of health for the eradication of the disease.

VACCINES.

The Editor,

"California State Journal of Medicine,"
San Francisco, California.

Dear Sir:

Will you kindly insert in your "Journal" in some form that may seem suitable to you the following notice?

"The Evans Memorial for Clinical Research is desirous of coming into communication with as many physicians as possible who have used bacterial vaccines in the treatment of typhoid fever for the purpose of collecting statistics concerning the efficiency or non-efficiency of the method as a therapeutic measure. If any who have done this, even with only one or a few cases, will send their names and addresses, blank forms will be sent to them upon which uniform reports may be made. Due credit will be given to each in any reports that may be published. Kindly address all communications to Dr. W. H. Watters, 80 East Concord St., Boston, Mass."

Very sincerely yours,
FRANK C. RICHARDSON,
Clinical Director.

**NON-RESIDENT TUBERCULOSIS CASES
UNCARED FOR.**

It is estimated that there is an annual influx to the Southwest of between ten and fifteen thousand non-resident cases of tuberculosis. A very large proportion of these are indigent or become indigent shortly after their arrival. Trains bearing such persons to California could not be stopped at the border lines and the patients turned back to the eastern states from which they came, even if such procedure were desired. They must be cared for; not to do so would be inhuman.

The California State Board of Health contends, however, that this is an unjust charge upon the community, that the Federal Government should aid in caring for these unfortunate persons. Accordingly, the Board is sponsoring a bill to be introduced in the next Congress, by which a subsidy of five dollars per week per patient may be paid to institutions caring for such non-resident indigent cases, such institutions to maintain a standard required by the United States Public Health Service, under the jurisdiction of which Service the act would be enforced. Assistance in migrating to another state would render a patient ineligible for the subsidy.

Many tuberculous residents of eastern states come to California with a small amount of money, believing that the wonderful climate will effect a cure within a short time and that they may secure positions enabling them to earn a living. From thirty to fifty per cent of these persons die within six months after their arrival, and in some sections ten per cent of such non-resident cases die within thirty days after reaching the state.

Out of a thousand cases of tuberculosis cared for in the Los Angeles County Hospital during a single year, less than fifty were Californians. Most of the non-resident tuberculosis patients in this institution came from New York, Illinois, Missouri, Ohio, Indiana, Pennsylvania, Massachusetts, Iowa and Georgia. The problem of caring for indigent non-resident tuberculosis cases is found not only in California, however. Florida, Louis-

iana and North Carolina have the same problem, while New Mexico, Arizona, Texas and Colorado suffer from it to a greater extent than any states, with the exception of California.

NAVY.

Dear Sir:

The next examination for appointment in the Medical Corps of the Navy will be held on or about February 23, 1916, at Washington, D. C., Boston, Mass., New York, N. Y., Philadelphia, Pa., Norfolk, Va., Charleston, S. C., Great Lakes (Chicago) Ill., Mare Island, Cal., and Puget Sound, Wash.

Applicants must be citizens of the United States and must submit satisfactory evidence of preliminary education and medical education.

The first stage of the examination is for appointment as assistant surgeon in the Medical Reserve Corps, and embraces the following subjects: (a) anatomy, (b) physiology, (c) materia medica and therapeutics, (d) general medicine, (e) general surgery, (f) obstetrics.

The successful candidate then attends the course of instruction at the Naval Medical School, which will begin on or about October 1, 1916. During this course he receives a salary of \$2,000 per annum with allowances for quarters, heat and light, and at the end of the course, if he successfully passes an examination in the subjects taught in the school, he is commissioned an assistant surgeon in the Navy to fill a vacancy.

Full information with regard to the physical and professional examinations, with instructions how to submit formal application, may be obtained by addressing the Surgeon General of the Navy, Navy Department, Washington, D. C.

The foregoing information is furnished, as it is believed that it is of interest to you, and that you will want to give it some notice in your "Journal."

Very truly yours,
W. C. BRAISTED,
Surgeon General, U. S. Navy.

NEW MEMBERS.

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Loomis, M. Le Roy, Los Angeles.
Beach, Everett C., Los Angeles.
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Adams, John M., Centerville.
Worley, H. F., Oakland.

DEATHS.

Bullard, Rose Talbott, Los Angeles.
Hindley, G. J. Dr. (Died in the Dardanelles.)
Ashby, R. H., Roseville, Cal.
Clow, G. B. N., Oakland.
Guild, Caroline L., San Mateo.
Austin, R. E., San Diego.
Schwarz, Bernhardt S., San Francisco.
Peck, Geo. W., Sawtelle, Cal.
Deal, David L., Pacific Grove.
Ragan, Dennis F., San Francisco.